

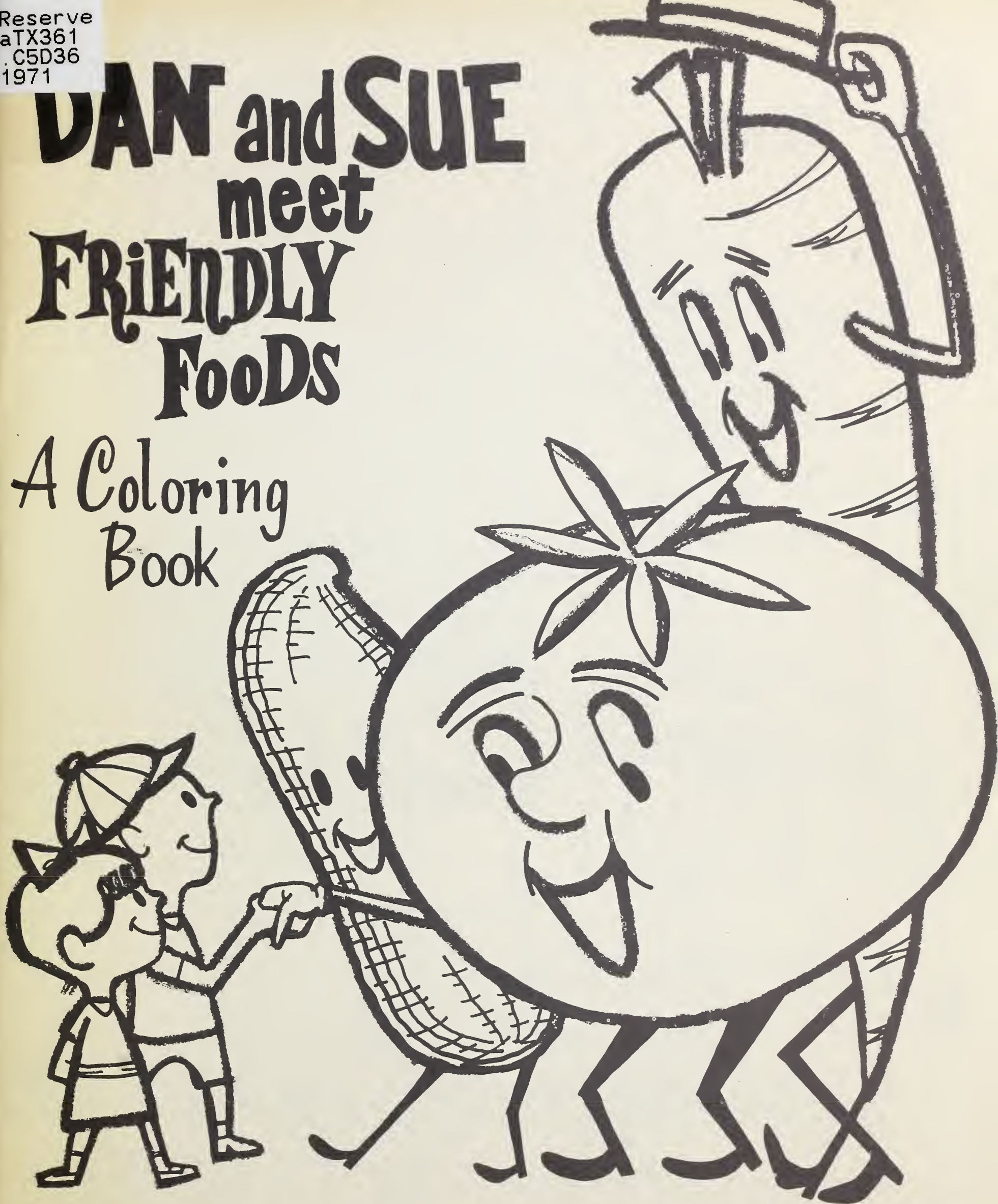
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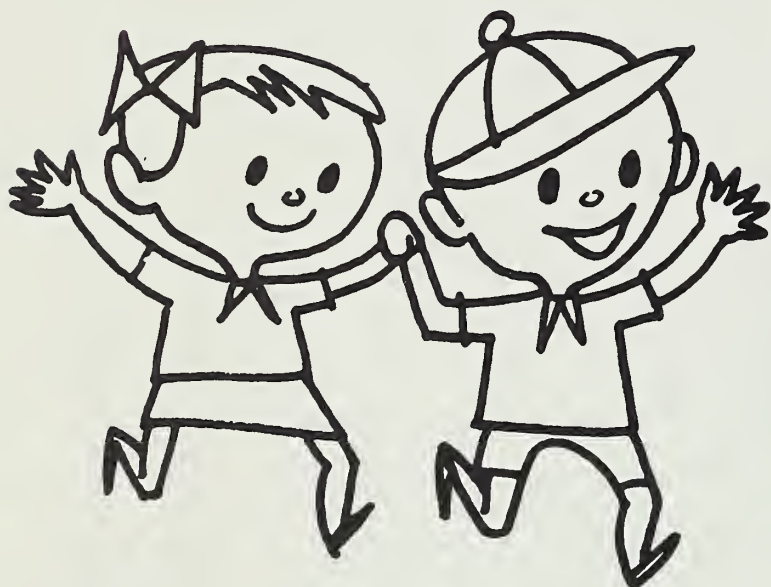


VAN and SUE meet FRIENDLY FOODS

A Coloring
Book



My Name

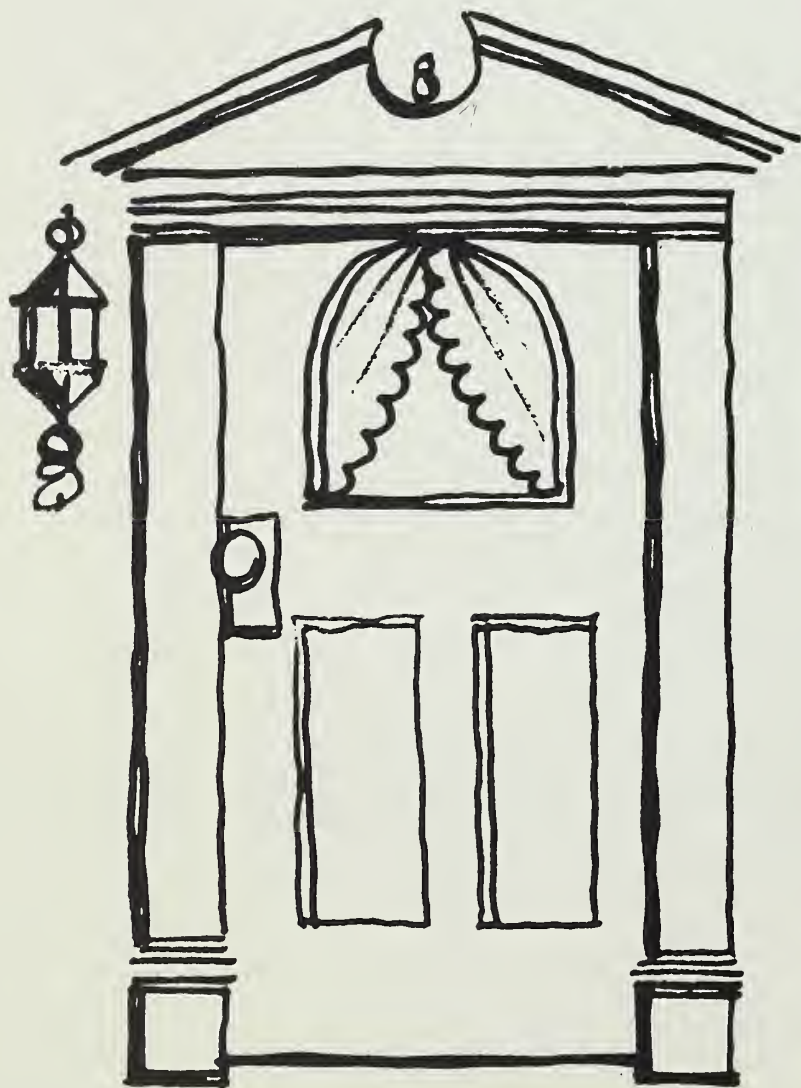


United States
Department of
Agriculture

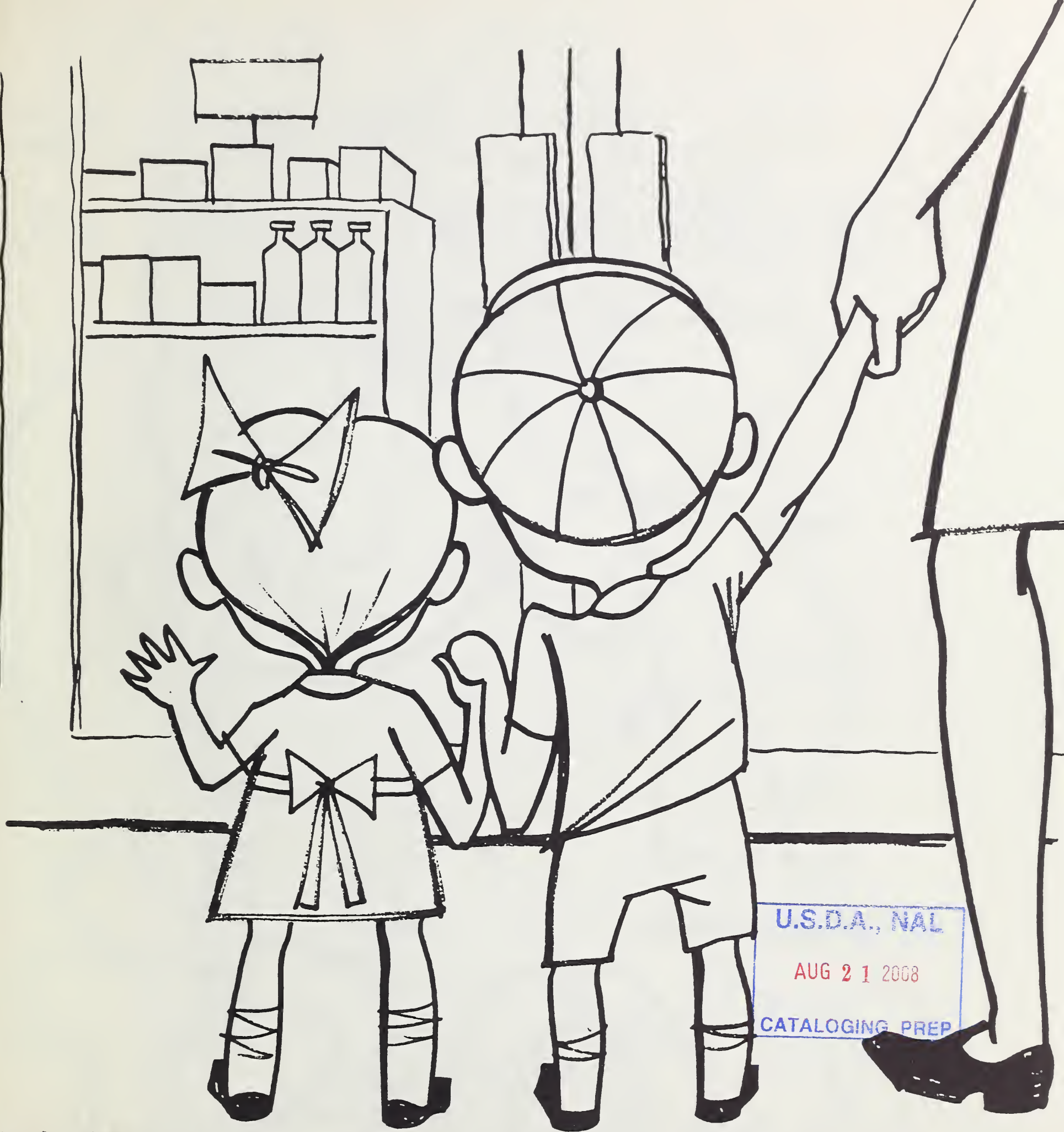


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Where I live



U.S.D.A., NAL
AUG 21 2008
CATALOGING PREP

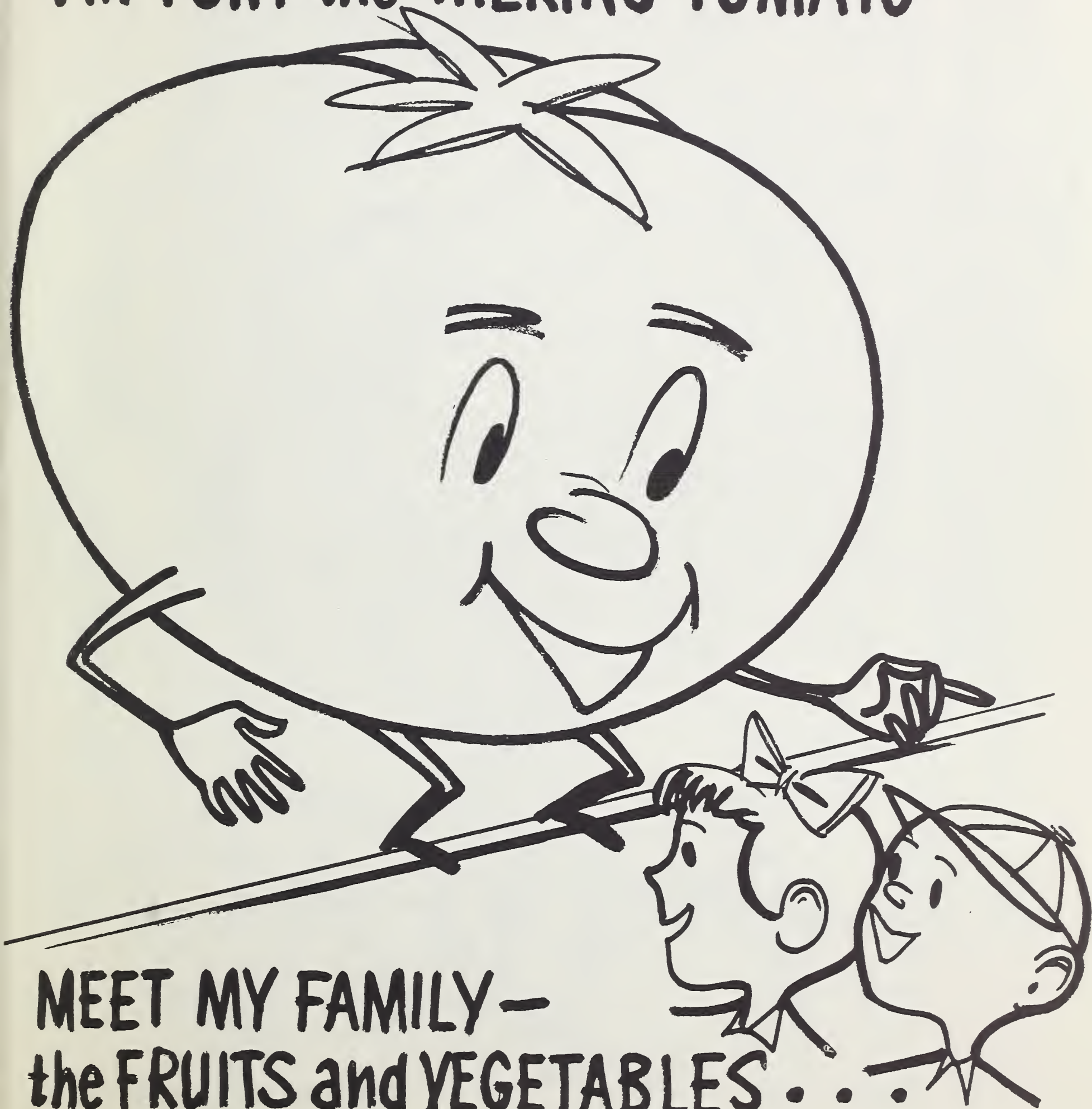
DAN and Sue's Mother took them
to a FOOD STORE-and they got...



LOST

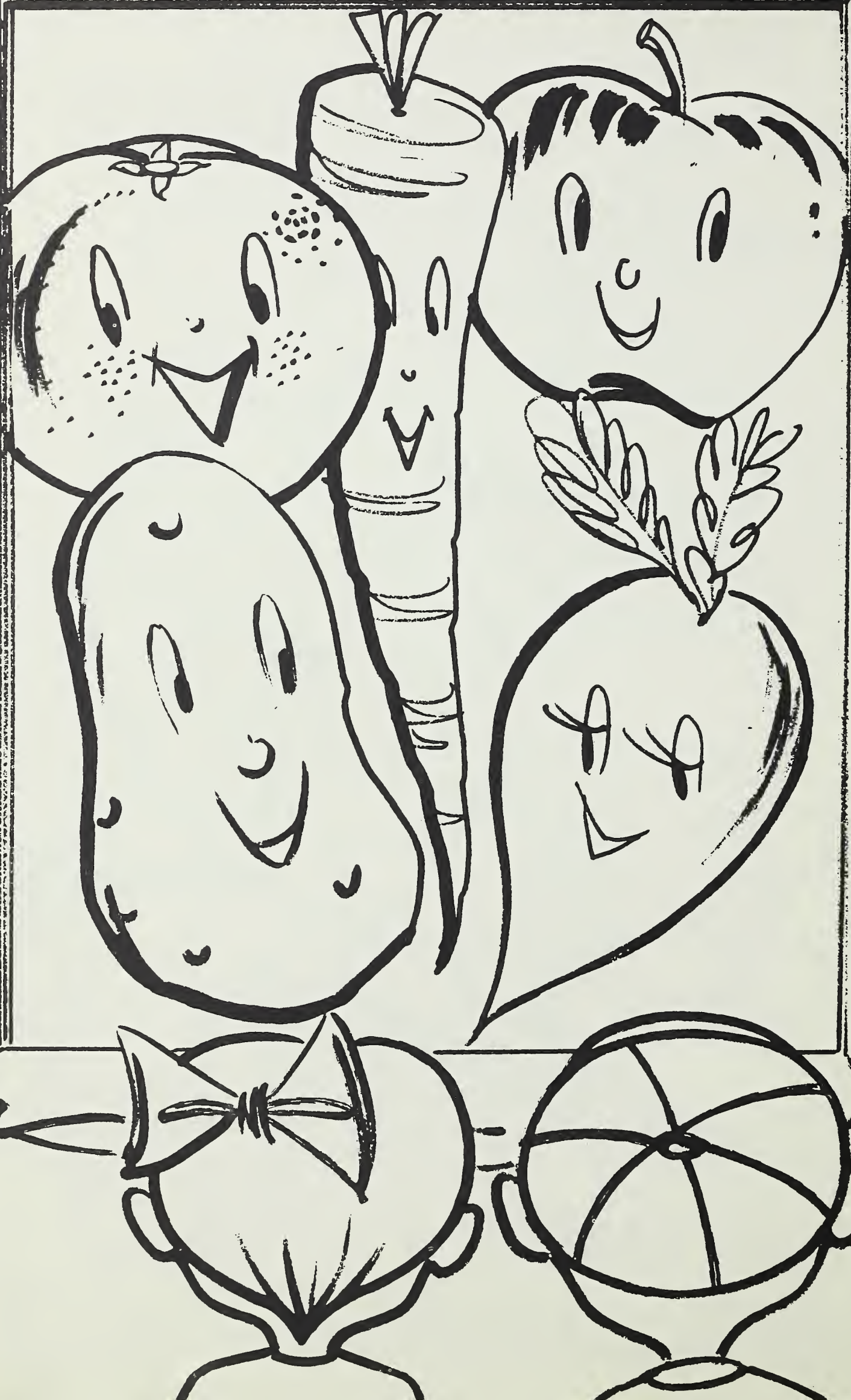
HELLO THERE!

I'm TONY the TALKING TOMATO...

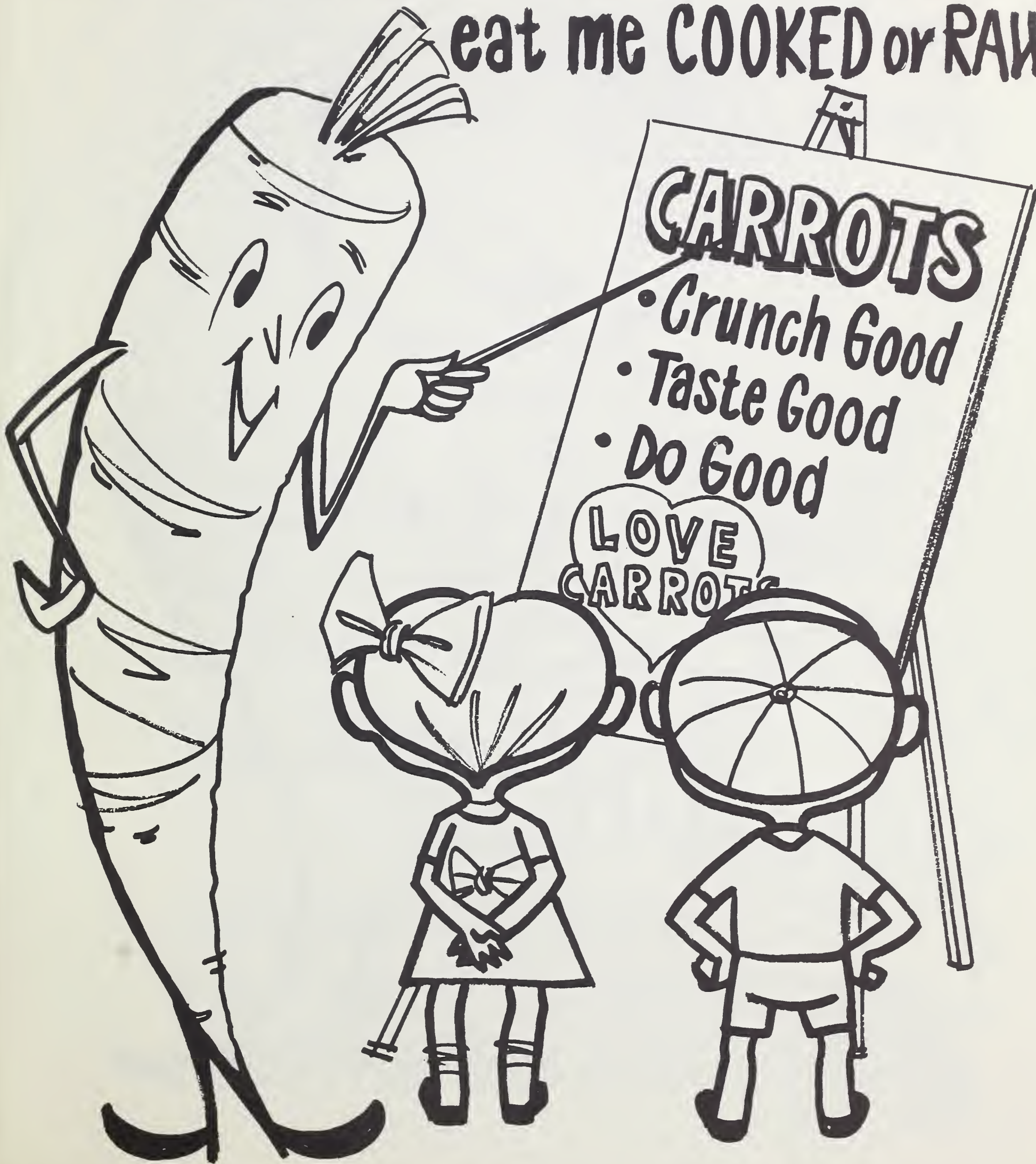


**MEET MY FAMILY—
the FRUITS and VEGETABLES...**

THE VEGETABLE and FRUIT FAMILY



I'm CRUNCHO, the CARROT-You can
eat me COOKED or RAW



I'm TWO-PUNCH TOMMY the TURNIP -
You can eat ME like an APPLE-RAW or COOKED

MY TOP is GOOD
to eat COOKED





I'm a CABBAGE HEAD
SOLID, MAN, SOLID

I don't have any BODY
but if you eat me you will have
a GOOD HEAD on a GOOD BODY-

I'm SPUD, the WHITE POTATO...
meet MY FRIEND YAM-

the SWEET POTATO

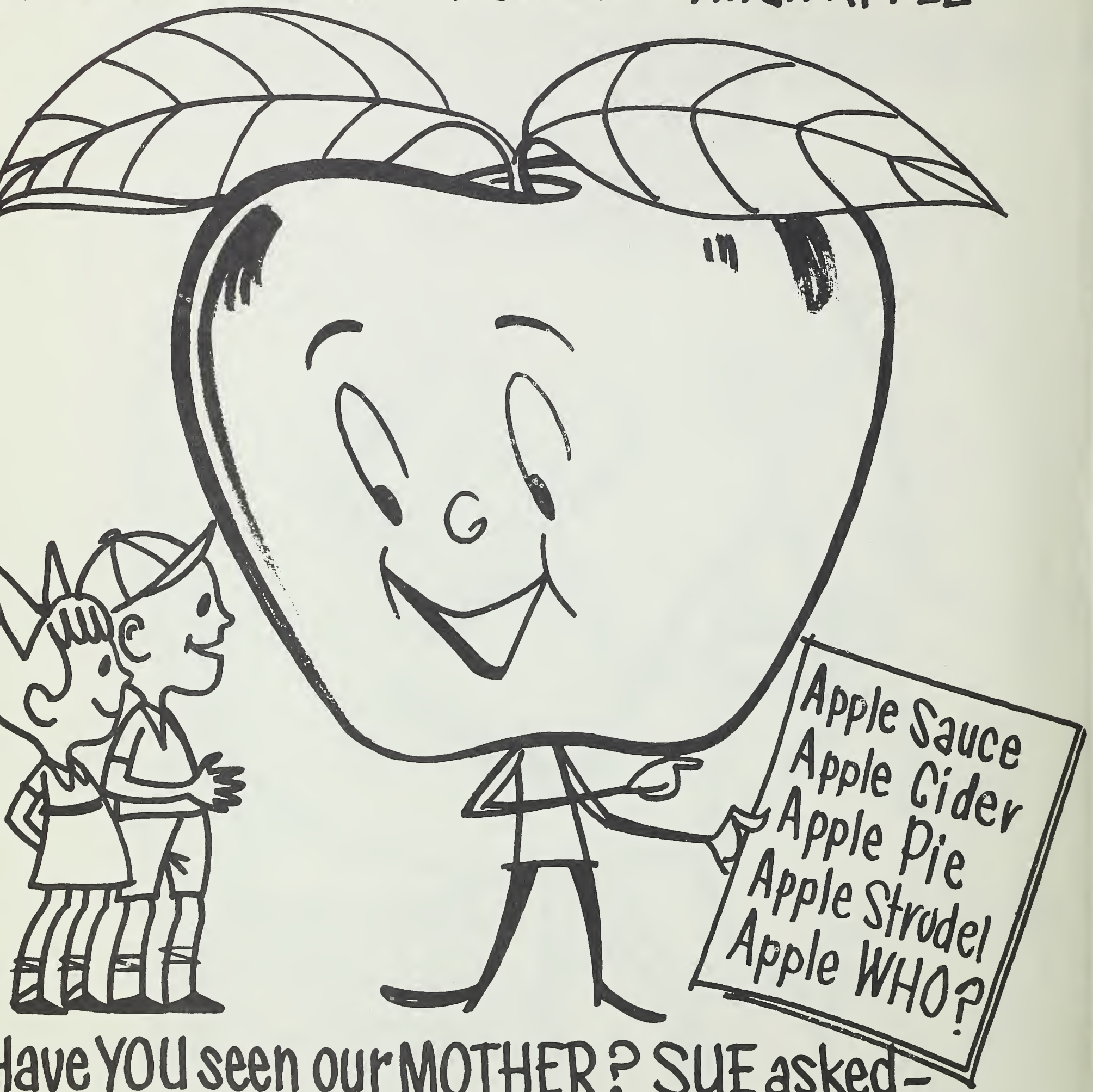


I'm an ORANGE, FULL of JUICE . . .



Sometimes
I'm CANNED
and called O.J.,
which stands
for-OH JOY
(also ORANGE JUICE)

Most EVERYBODY knows me. I'm an APPLE

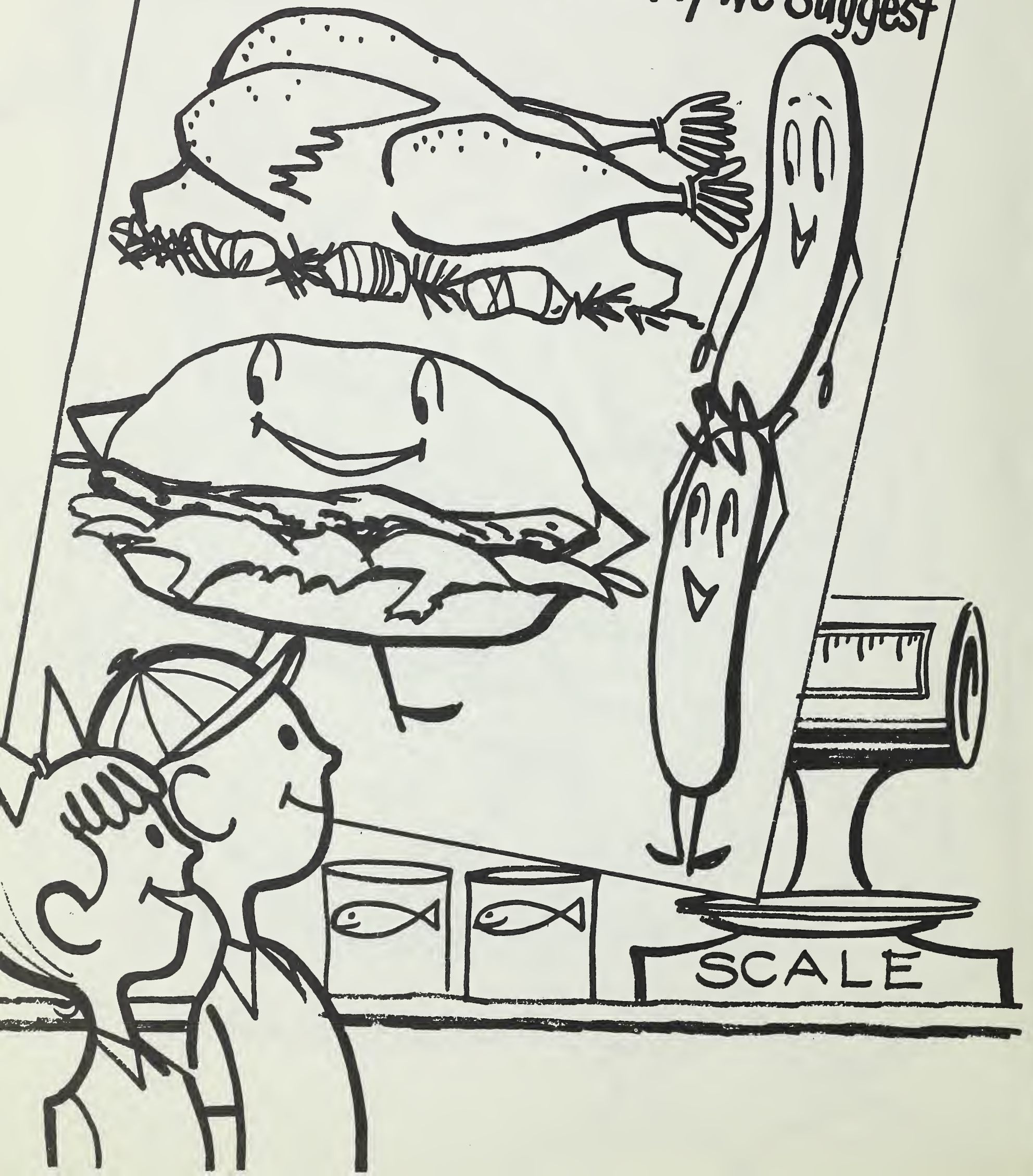


Have YOU seen our MOTHER? SUE asked -
Look near the MEAT COUNTER said APPLE

THE MEAT FAMILY

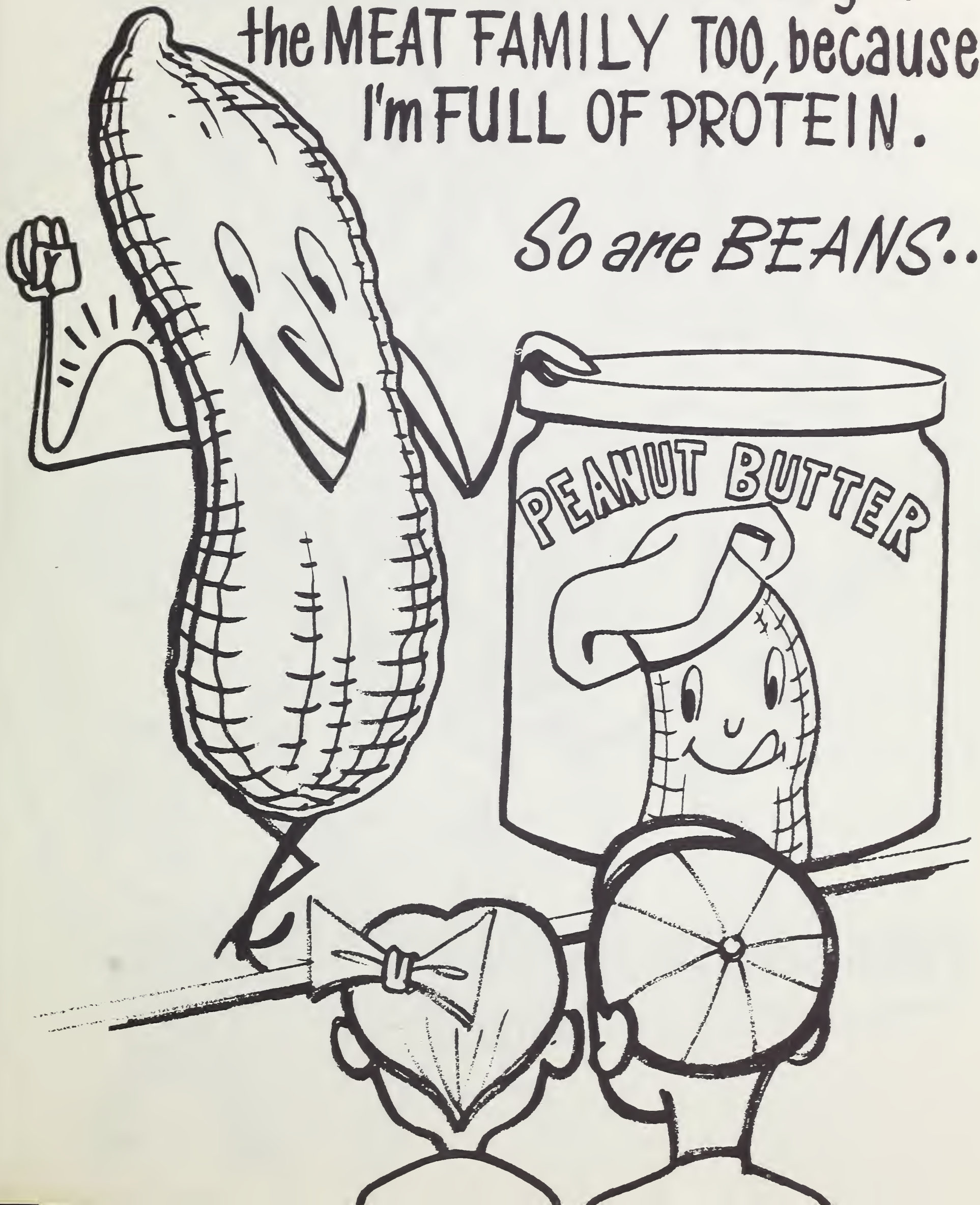


SPECIAL TODAY! May we Suggest

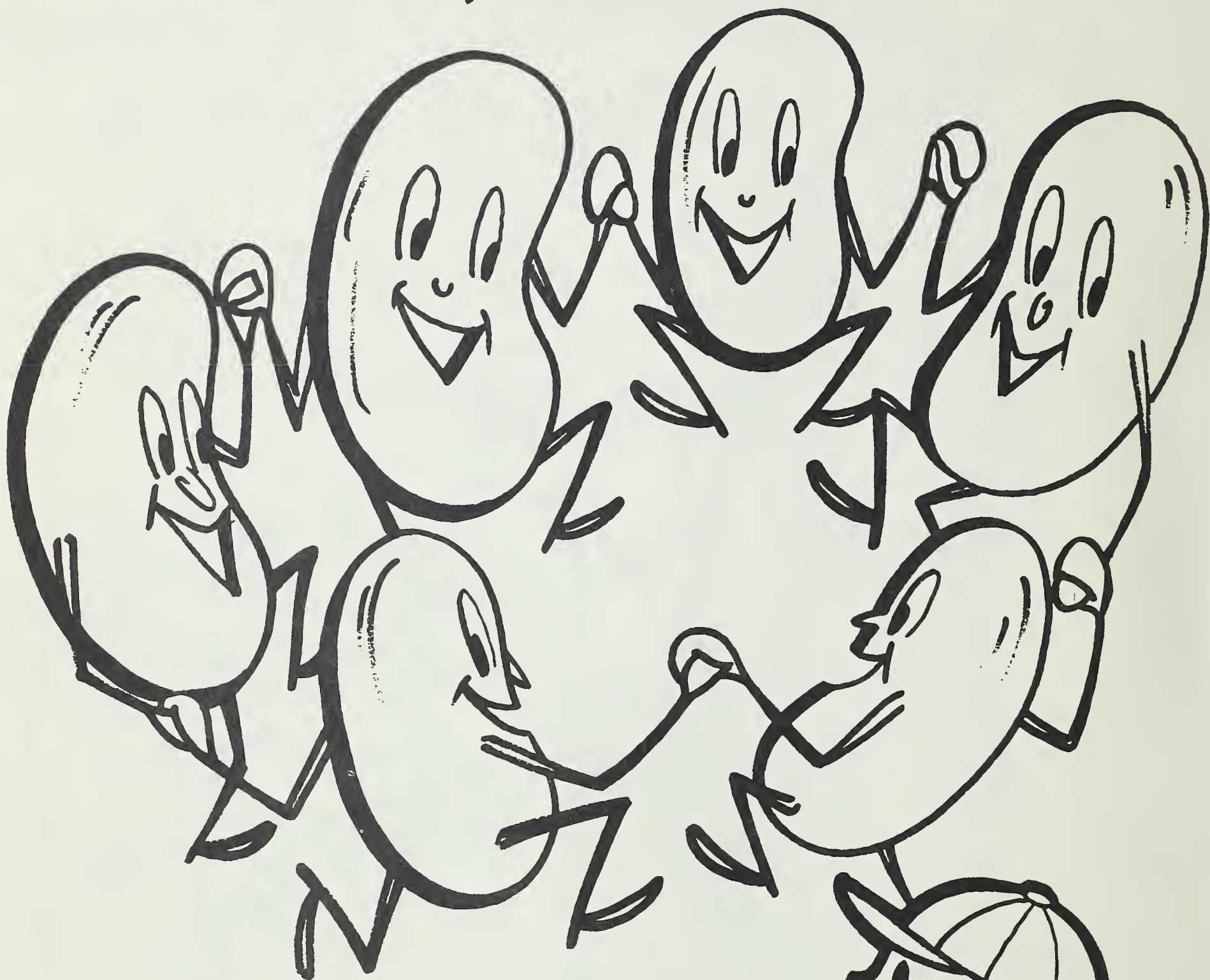


HELLO, I'm a PEANUT-I belong to
the MEAT FAMILY TOO, because
I'm FULL OF PROTEIN.

So are BEANS..



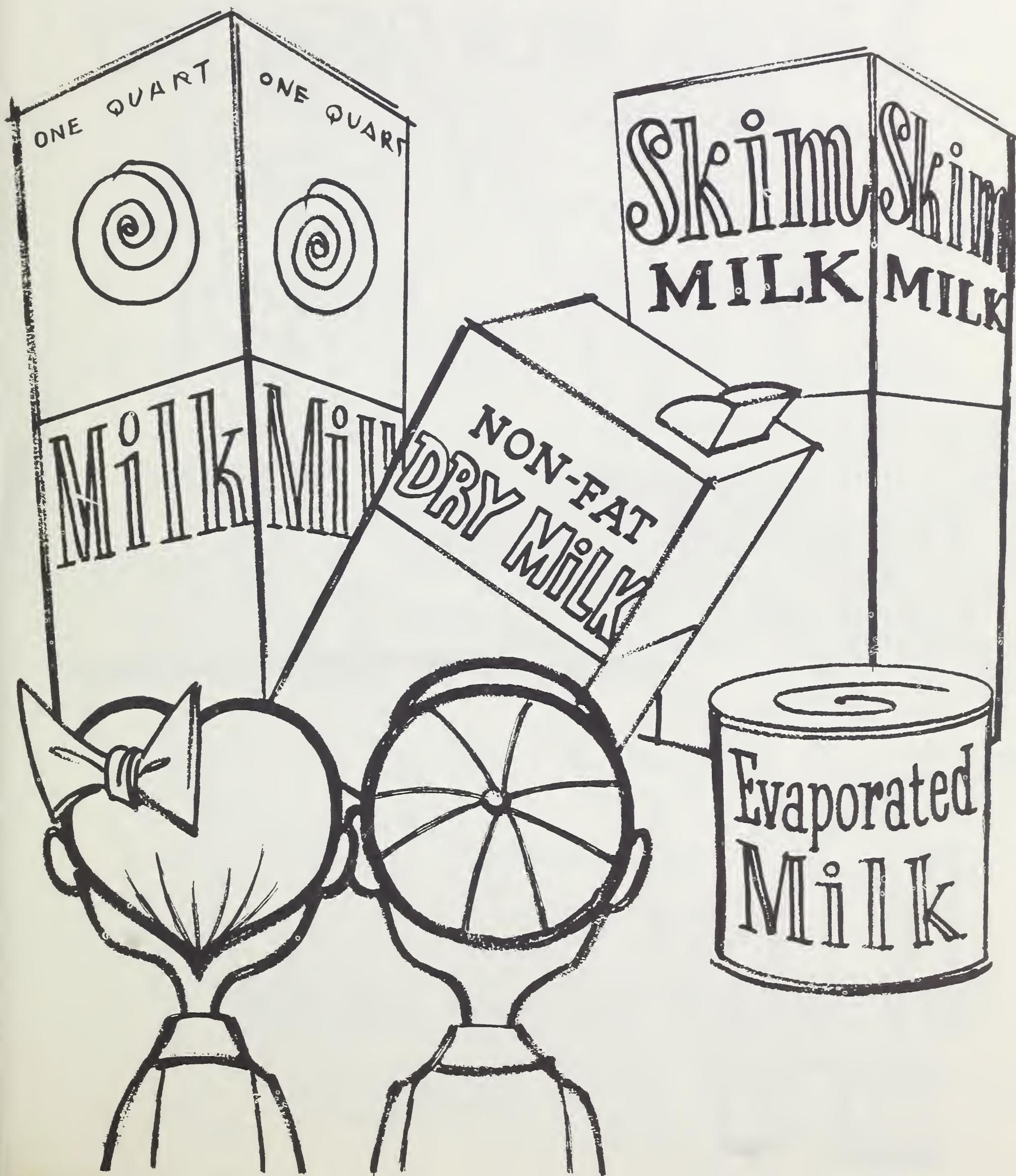
BEANS, BEANS, BEANS!



Have You seen my MOTHER?..
asked DAN -



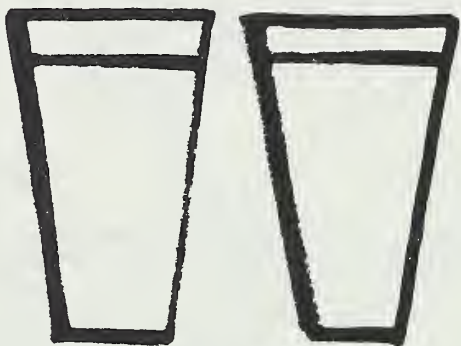
THE MILK FAMILY...



DRINK MILK EVERY DAY



UNDER 9 YEARS



OR MORE



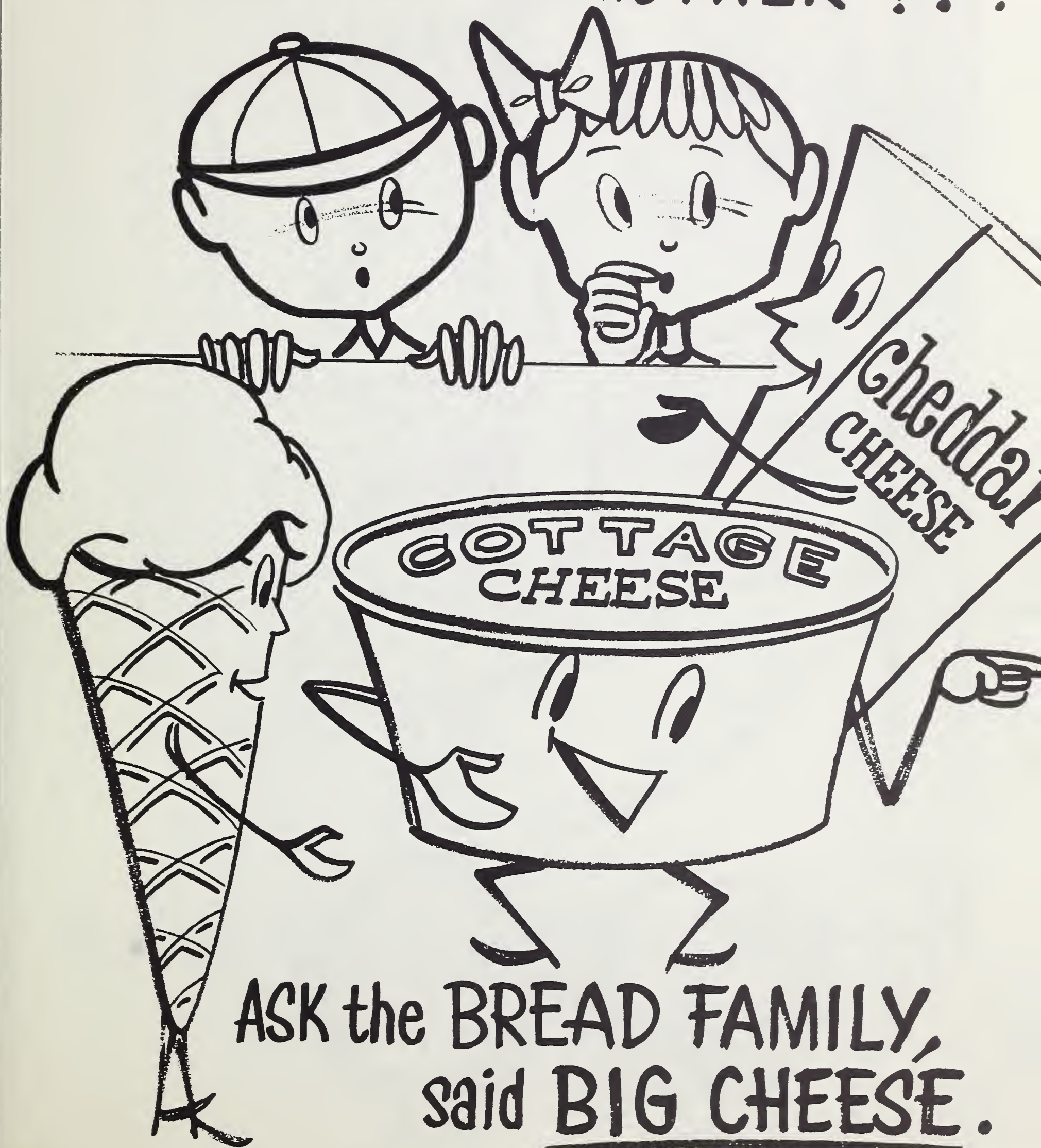
9-12 YEARS



OR MORE



Have You seen our MOTHER ?...

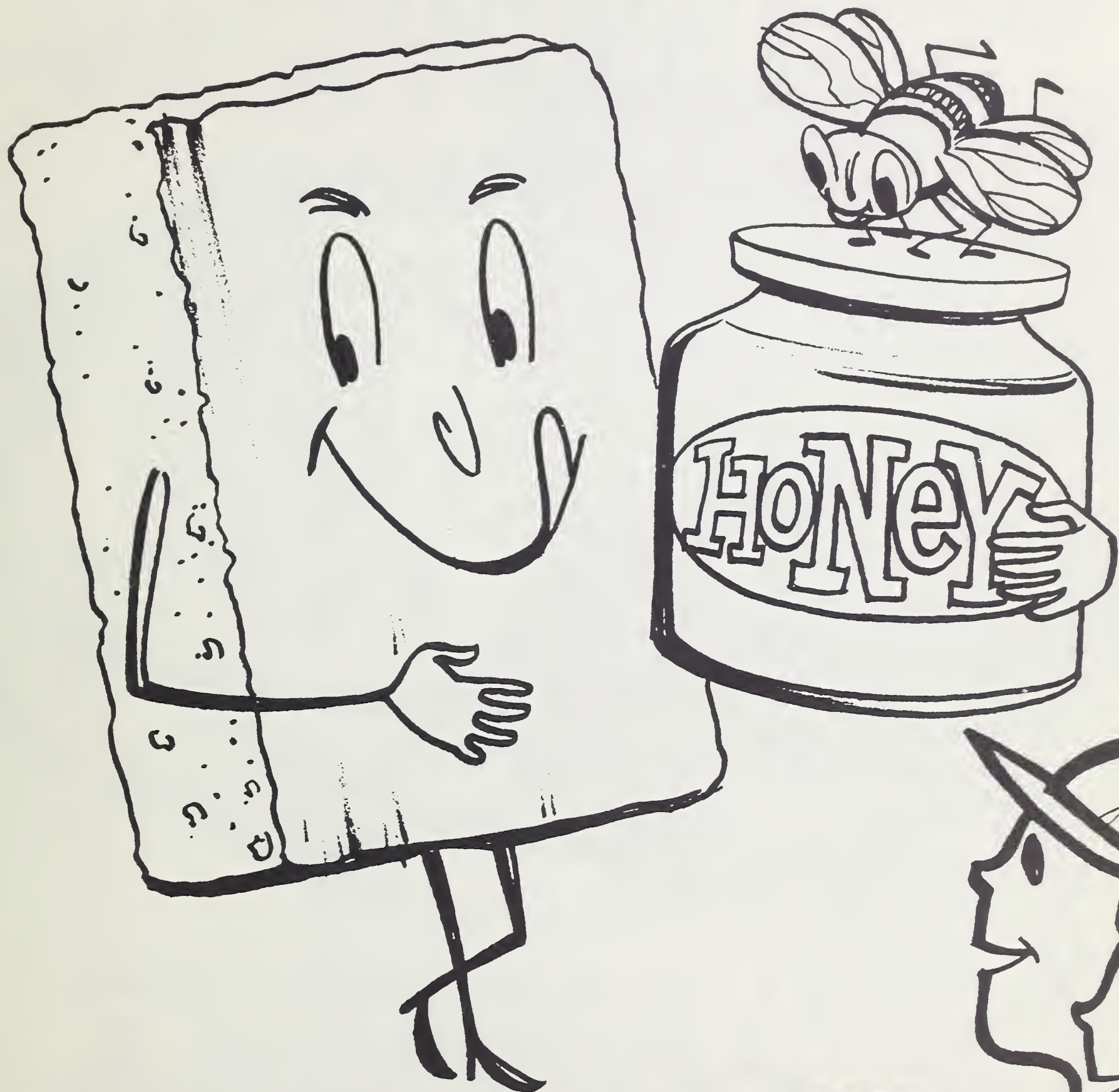


ASK the BREAD FAMILY,
said BIG CHEESE.

THE BREAD and CEREAL FAMILY •



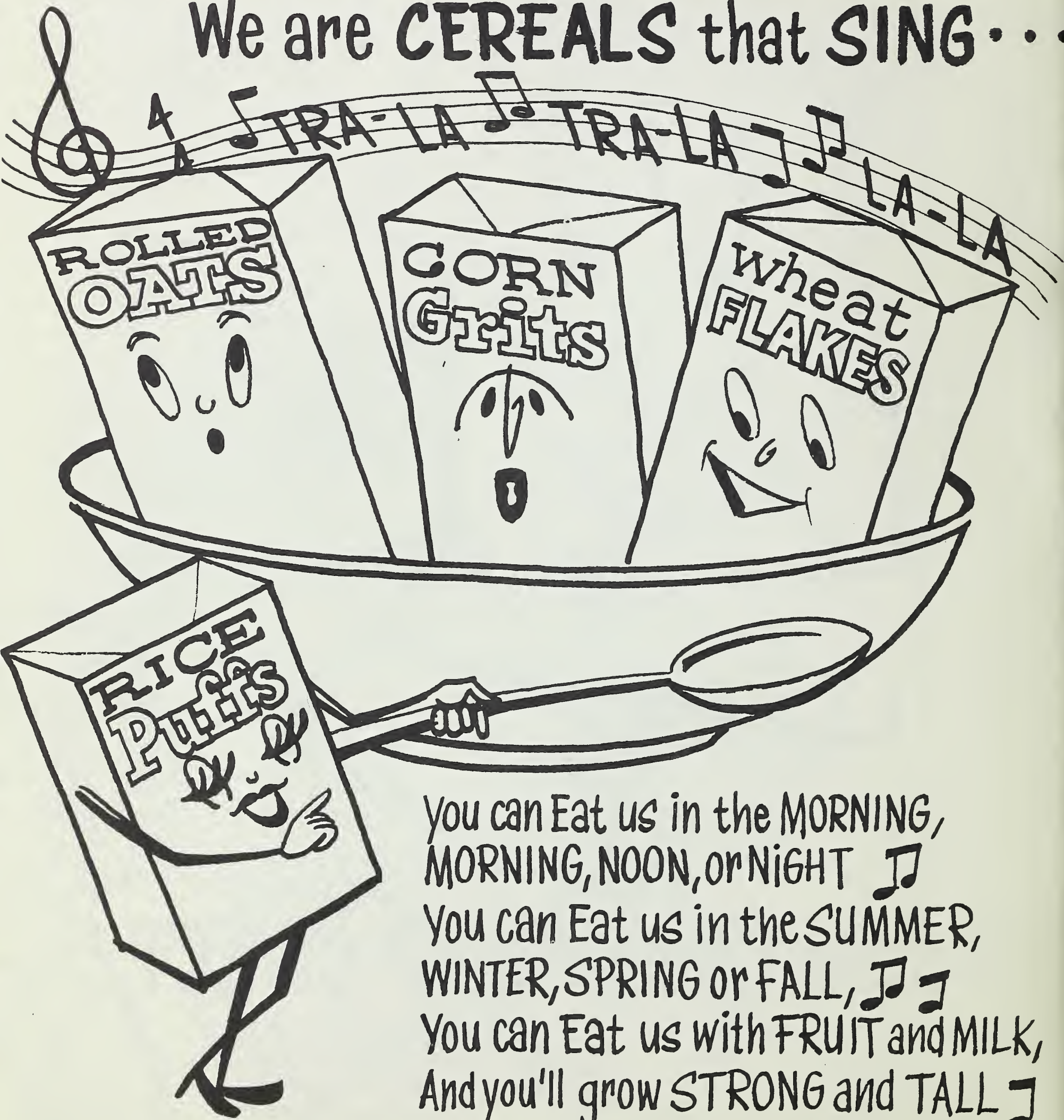
HELLO! I'm CORNY.



To make CORNBREAD SWEET
use HONEY...




OATS, GRITS, FLAKES, PUFFS —
We are CEREALS that SING...



You can Eat us in the MORNING,
MORNING, NOON, or NIGHT ♪
You can Eat us in the SUMMER,
WINTER, SPRING or FALL, ♪ ♪
You can Eat us with FRUIT and MILK,
And you'll grow STRONG and TALL ♪

TRA-LA, TRA-LA-LA-LA ♪

Eat FOODS from
EACH FOOD FAMILY every DAY

- 
- Some Vegetables and Fruit
 - Some Bread and Cereal
 - Some Meat
 - Some Milk, Cheese, or Ice Cream -

if you can get it

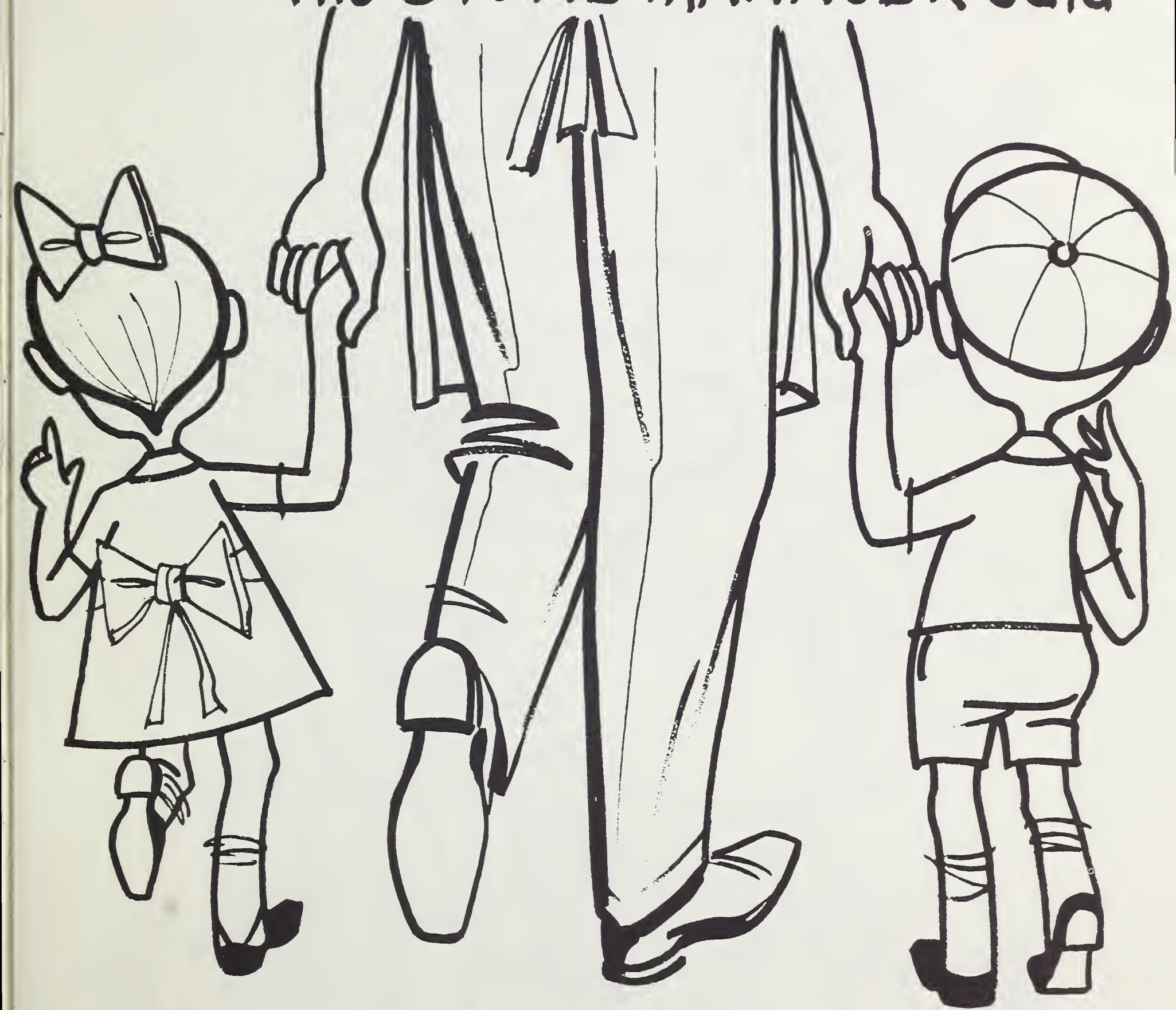
Has ANYBODY seen my MOTHER?
asked DAN

Here comes the STORE MANAGER. Ask him -



We have met the **VEGETABLE** and **FRUIT**
FAMILY, the **MEAT FAMILY**, the **MILK FAMILY**,
and the **BREAD** and **CEREAL FAMILY**—
what **FAMILY** are **YOU** ? . .

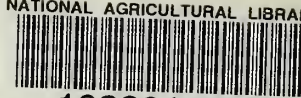
I belong to the **HUMAN FAMILY**,
the **STORE MANAGER** said...



and I will take You to **YOUR MOTHER**—







Food Makes the Difference

Message to Adults . . .

We hope the children will have fun coloring the pictures in this book and that they will like the story of Dan and Sue. More than that, the coloringbook is to help youngsters meet and become friends with lots of different nutritious foods. For children to grow up strong and healthy and to do well in school and in later life, they need to eat food from each of the four families shown in the pictures. After you and the children have read the book together, ask them to tell you about it. This will help them remember the . . .

VEGETABLE AND FRUIT FAMILY
MEAT FAMILY
MILK FAMILY
BREAD AND CEREAL FAMILY

. . . The Friendly Foods